

JULY - AUGUST

Virtual and Onsite Enrichment Classes & Programs:

Medicare 101 - Thursday, July 9, 6-8pm

Making a decision can be hard! Attend this presentation and learn all your plan options and review the A,B,C and D's of Medicare. Allen will share important dates to remember and how to save money on prescriptions. Instructor: Allen McGirl, McGirl Insurance. Free, 31460311

Guest Speaker – Dave Lively – “Rocky’s West Side Story”, Friday, July 10, 1:30pm, Tickets \$6

Do you ever wish you had lived in the pioneer days? Have the courage and adaptability to live in a cave while digging to divert water out of the Grand River? Join Dave and explore many early day Colorado experiences. Be inspired to preserve the Wilderness, Wildlife, and Wonder of Rocky Mountain National Park's west side. Sponsored in part by Jai Senior Services Concierge.

Dizziness: Is It Just Aging or Something More? Tuesday, July 16, 10:30am -12pm

Have you ever been told that dizziness is "just part of getting old"? Or that your problems with balance are "just a normal part of aging"? This program will explain the various causes of dizziness and how it can affect your balance. We will also discuss dizziness treatments to improve function. Instructor: Tonya Fuller, MSPT, Dynamic Mobility & Balance Center. Free, 31460911

Update on Frauds and Scams - Protect Yourself! Tuesday, July 21, 10:30am -12pm

How to keep yourself, family and friends safe from all the new scams, calls, and fraud. With all the mail, email, and unsolicited phone calls, it is becoming more and more difficult to determine what is legitimate and what a scam is. Come hear from the experts how to identify and protect yourself. Instructor: Kim Evans and RoadMap for Aging. Free, 31460811

Guest Speaker – “Experiences with Spirit Phenomena” - The Black Aspen Paranormal Tea, Wednesday, July 22, 1:30pm, Tickets \$6

With 20 years of research and investigations, Jennifer and Daniel Clayburg have incredible stories to share. Focusing on the audio recording of spirit phenomena, as well as spirit photography, they have investigated residences and hospitality businesses. Featured in several books, they are truly experts in the field. Sponsored in part by Jai Senior Services Concierge

August:

Party to the End - How To Do It! Tuesday, August 8, 10:30am - 12pm

What do you want your end of life to look like? Do you want to be at home? Who do you want around you? How do you ensure your wishes are followed? What about a living wake? Pre-plan today to create the ending you want! Make the most of each day and especially the last one! Join our panel of experts. Instructor: Kim Evans & RoadMap for Aging, Free, 21460811